



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20046, Rice, white, long-grain, parboiled, enriched, dry

Report Date: June 27, 2017 04:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4	g	9.86	--	0.197	9.36	10.32	3.0	9.232	10.484	4	Analytical or derived from analytical	--	12/2009
Energy	kcal	374	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	1564	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein 1 2	g	7.51	--	--	6.9	8.11	--	--	--	2	Analytical or derived from analytical	--	12/2009
Total lipid (fat) 1 2	g	1.03	--	--	1.03	1.04	--	--	--	2	Analytical or derived from analytical	--	12/2009
Ash 1 2	g	0.71	--	--	0.71	0.72	--	--	--	2	Analytical or derived from analytical	--	12/2009
Carbohydrate, by difference	g	80.89	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fiber, total dietary 1 2 3	g	1.8	--	0.703	0.9	3.2	2.0	-1.231	4.818	3	Analytical or derived from analytical	--	12/2009
Sugars, total	g	0.33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Sucrose 1 3 4	g	0.21	--	0.136	0.05	0.48	2.0	-0.374	0.794	3	Analytical or derived from analytical	--	02/2005
Glucose (dextrose) 1 4	g	0.11	--	0.023	0.07	0.13	1.0	-0.178	0.393	2	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fructose 1 4	g	0.02	--	0.000	0	0.03	1.0	0.016	0.018	2	Analytical or derived from analytical	--	02/2005
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Starch 1 2	g	68.29	--	--	63.58	73	--	--	--	2	Analytical or derived from analytical	--	12/2009
Minerals													
Calcium, Ca 1 2	mg	71	--	--	55	87	--	--	--	2	Analytical or derived from analytical	--	12/2009
Iron, Fe 1 2	mg	3.33	--	--	1.4	5.26	--	--	--	2	Analytical or derived from analytical	--	12/2009
Magnesium, Mg 1 2	mg	27	--	--	27	27	--	--	--	2	Analytical or derived from analytical	--	12/2009
Phosphorus, P 1 2	mg	153	--	--	150	156	--	--	--	2	Analytical or derived from analytical	--	12/2009
Potassium, K 1 2	mg	174	--	--	160	187	--	--	--	2	Analytical or derived from analytical	--	12/2009
Sodium, Na 1 2	mg	2	--	--	1	3	--	--	--	2	Analytical or derived from analytical	--	12/2009
Zinc, Zn 1 2	mg	1.02	--	--	1	1.04	--	--	--	2	Analytical or derived from analytical	--	12/2009
Copper, Cu 1 2	mg	0.284	--	--	0.27	0.3	--	--	--	2	Analytical or derived from analytical	--	12/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn 1 2	mg	1.035	--	--	0.96	1.11	--	--	--	2	Analytical or derived from analytical	--	12/2009
Selenium, Se 1 2	µg	19.9	--	--	16	23.9	--	--	--	2	Analytical or derived from analytical	--	12/2009
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Thiamin 1 2	mg	0.603	--	--	0.51	0.7	--	--	--	2	Analytical or derived from analytical	--	12/2009
Riboflavin 1 2	mg	0.050	--	--	0.04	0.06	--	--	--	2	Analytical or derived from analytical	--	12/2009
Aggregated data involving combinations of source codes 1 & 12													
Niacin 1 2 5 6	mg	5.048	--	0.415	3.78	5.8	3.0	3.728	6.367	4	combinations of source codes 1 & 12	--	12/2009
Pantothenic acid 2	mg	0.672	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Vitamin B-6 1 2	mg	0.452	--	--	0.45	0.46	--	--	--	2	Analytical or derived from analytical	--	12/2009
Folate, total 1	µg	257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Folic acid 1	µg	249	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2002
Folate, food 1	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Folate, DFE	µg	431	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	6.0	--	--	--	--	--	--	--	--	Calculated or imputed	20045	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20044	02/2005
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20044	12/2009
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20044	02/2005
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20044	02/2005
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20044	02/2005
Vitamin E (alpha-tocopherol) ¹	mg	0.03	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma ¹	mg	0.17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	20044	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lipids													
Fatty acids, total saturated	g	0.294	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
4:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
6:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
12:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
14:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
15:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
16:0 ¹	g	0.277	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
17:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:0 ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
22:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Fatty acids, total monounsaturated	g	0.258	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
14:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
16:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:1 undifferentiated ¹	g	0.258	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Fatty acids, total polyunsaturated	g	0.322	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
18:2 undifferentiated ¹	g	0.305	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:3 undifferentiated ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
18:4 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:4 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
20:5 n-3 (EPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
22:5 n-3 (DPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan ^{1 2 7}	g	0.103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Threonine ^{1 2 7}	g	0.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Isoleucine ^{1 2 7}	g	0.339	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Leucine ^{1 2 7}	g	0.656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Lysine ^{1 2 7}	g	0.215	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Methionine ^{1 2 7}	g	0.183	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Cystine ^{1 2 7}	g	0.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Phenylalanine ^{1 2 7}	g	0.398	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Tyrosine ^{1 2 7}	g	0.216	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Valine ^{1 2 7}	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Arginine ^{1 2 7}	g	0.651	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine 1 2 7	g	0.185	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Alanine 1 2 7	g	0.433	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Aspartic acid 1 2 7	g	0.795	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Glutamic acid 1 2 7	g	1.395	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Glycine 1 2 7	g	0.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Proline 1 2 7	g	0.484	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Serine 1 2 7	g	0.366	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2005
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002

Sources of Data

¹*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999* Beltsville MD

²*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005* Beltsville MD

³*Nutrient Data Laboratory, ARS, USDA Investigation of the carbohydrate fraction of foods . . . raw, processed and prepared, 1985* Beltsville MD

⁴*Nutrient Data Laboratory, ARS, USDA Variability of the sugar content of foods, 1989* Beltsville MD

⁵*Nutrient Data Laboratory, ARS, USDA Analysis of iron, thiamin, and niacin in unenriched white rice, 2004* Beltsville MD

⁶*Uncle Ben's Niacin in parboiled rice, 2005*

⁷*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002* Beltsville MD